PSHE Learning Journey
Year 7

SKILLS DEVELOPED — Listening, Speaking, Problem Solving, Creativity, Staying Positive, Aiming High, Leadership, Teamwork — **SKILLS DEVELOPED**

YEAR 8

YEAR 7

PUBERTY & BODY DEVELOPMENT

STATUTORY HEALTH

PSHE

WELLBEING

- Introduction to Puberty
- Girls Puberty & Periods (Double Lesson)
- Boys Puberty
- Personal Hygiene
- Growing Up
- Self-Esteem
- Tooth Decay & Dental Health

YEAR 7

CELEBRATING DIFFERENCES

CORE THEME 2

CITIZENSHIP

PSHE

BRITISH VALUES

- What is your Identity?
- Multicultural Britain
- Importance of Being Kind
- Breaking Down Stereotypes
- Learning Disabilities
- Prejudice and Discrimination
- Challenging Islamophobia

YEAR 7

STEP INTO THE NHS

GATSBY BENCHMARKS - CAREERS -

SMSC & CAREERS

- How many careers are then within the NHS?
- What are the different routes into employment?
- National competition entry

YEAR 7

STAYING SAFE ONLINE & OFFLINE

CORE THEME 4

STATUTORY HEALTH & RSE

DRUGS EDUCATION

- Avoiding Gangs & Criminal Behaviour
- Staying Safe Online
- Online Gaming, Grooming & Addiction
- Alcohol and Risk
- Nicotine and Smoking
- E-Cigs, Vaping and Shisha
- Energy Drinks and Caffeine
- Knife Crime and Safety

YEAR 7

LAW, CRIME & SOCIETY

CORE THEME 1

CITIZENSHIP

BRITISH VALUES

- Why do we have rules and laws?
- How does the British Justice System work?
- What is the role of the police, court system and tribunals?
- How does the appeals process work?

YEAR 7

MANAGING CHANGE

CORE THEME 6

GATSBY BENCHMARKS - CAREERS -

FINANCIAL EDUCATION

SMSC & CAREERS

- What is PSHE?
- Getting to Know People
- What is a Community?
- Careers and Your Future
- Sleep and Relaxation
- Financial Education
- Transition Points in Your Life

WELCOME

RSE COMPLIANT

HEALTH COMPLIANT

GATSBY BENCHMARKS

SPIRAL THEMATIC APPROACH

1) Rights, Responsibilities & British Values
2) Celebrating Diversity & Equality
3) Relationships and Sex Education
4) Staying Safe Online and Offline
5) Health and Wellbeing
6) Living in the Wider World

PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
- ✓ Confidence Checkers
- ✓ Baseline assessments
- ✓ End of Unit Quizzes
- ✓ Self-assessment and reflection

PSHE Learning Journey
Year 8

SKILLS DEVELOPED — Listening, Speaking, Problem Solving, Creativity, Staying Positive, Aiming High, Leadership, Teamwork — **SKILLS DEVELOPED**

YEAR 9

YEAR 8 — FRIENDS, RESPECT & RELATIONSHIPS (STATUTORY HEALTH & RSE / PSHE)

- Consent and Boundaries
- Respect and Relationships
- What Makes a Good Friend?
- Friendships & Online Relationships
- Child Exploitation & Online Protection
- Pressure, Influence and Friends
- What Does it Mean to be a Man Today?

YEAR 8 — EQUALITY & DIVERSITY EXPLORED (CORE THEME 2 / CITIZENSHIP / PSHE / EQUALITY)

- Equality Act 2010
- Gender Equality
- Ableism and Disability Discrimination
- Removing the Barriers, Equality for All
- Racism & Discrimination in Society

YEAR 8 — Enterprise Education – 10X Challenge (FINANCIAL / CAREERS)

Becoming an entrepreneur
Pupils set up their own mini companies, design a product, market it and then sell at a fayre

YEAR 8 — POLITICS & PARLIAMENT (CITIZENSHIP / BRITISH VALUES)

- Why is Politics Important?
- How is our Country Run?
- The Role of the Prime Minister
- The Monarchy and King Charles III
- Politics, Debates and Parliament
- Elections and Campaigning
- Creating a Political Party

YEAR 8 — PHYSICAL HEALTH & MENTAL WELLBEING (STATUTORY HEALTH / PSHE / WELLBEING / CORE THEME 5)

- Health and Wellbeing
- What is Mental Health?
- Positive Body Image
- Child Abuse
- Types of Bullying
- Healthy Eating and Cholesterol
- Stress Management

YEAR 8 — PROUD TO BE ME! (CORE THEME 6 / GATSBY BENCHMARKS - CAREERS - / Citizenship / CAREERS)

- Being British – A multicultural Society
- A Recipe for Me
- Self-Esteem and the Media
- The Importance of Happiness
- Careers and Aspirations
- Employability & Enterprise Skills
- Exploring Careers

WELCOME

RSE COMPLIANT

HEALTH COMPLIANT

GATSBY BENCHMARKS

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